



EMERGENCY GRAB AND GO BINDER

Food Storage Moms “Emergency Grab and Go Binder” has proven to be a valuable tool for gathering our most important documents into one place. We have seen the natural disasters going on around the world and in our own hometowns. That’s why we designed a convenient place to store documents such as, insurance information, titles, passports, small bills (cash), account numbers, emergency contact information and more!



Food Storage Moms Emergency Binder Instructions

Tab#1: "Emergency Contact Information" is a section we designed to collect home and cell phone numbers of family members, friends, etc. These are numbers we might not remember in a real disaster or emergency. We are so used to having the numbers stored in our cell phones or emails stored on our laptops, etc. What if we can't use our cell phones, then what? What if we can't use our laptops, then what? This is why we need these numbers or emails in "Food Storage Moms Emergency Binder".

Photo Pockets: It's a good idea to have two pictures of your family members or friends in case you get separated in an emergency. This way you keep one picture and you post another picture of someone on a wall should you get separated.

Tab#2: "Bank and Investment Accounts" is a section we designed to fill in your Bank names, Bank Account numbers, Bank Phone numbers, Bank Addresses or Emails. If you need to dash out the door in a real disaster or emergency you might need these numbers if you can't return to your home. We suggest you take copies of all of your credit and/or debit cards. If you lose or have your wallet/purse stolen you have the card numbers and the phone numbers to reach the credit/debit card companies to report your loss. (Include Binder Pocket)

Tab#3: "Birth Certificates, Marriage Certificates, Religious Documents, School Graduation Papers, etc." This is where you will place your original or copies if you prefer, and they are ready to grab and take should you need to leave your home in a short amount of time. They are all together in this binder-just grab and go. (Include Binder Pocket)

Tab#4: "Zippered Bag" is for your Original Passports, Copies of your Driver's Licenses, Concealed Weapon Permits, Social Security Cards, Medicare Cards, etc.

Tab#5: "Medical/Dental Information" and "Insurance Information". If we need to leave our homes unexpectedly we might be glad we have our Doctor's, Dentist's, and Pharmacy names, addresses, email addresses, phone numbers, etc. We can include medical issues we have, medications and dosages we take. We might need the drug's name, dosage and how often to take it. Please write down any allergies you or a family member might have. We might need our insurance policy numbers, agent's phone numbers and addresses. We might need our Medicare coverage documents. If we have this in our binder we are good to grab and go.

Tab#6: "Accounts/Website Access Codes" is a section that needs to be kept in a safe place as well as all of the documents listed above in all the tab areas. This section would be important if someone in the family is hurt and the other family member has no idea how to gain access to your joint accounts. If you need to check your accounts and you can't go back to your house you will at least have these facts to "carry on" with your everyday family matters. (Include Binder Pocket)

Tab#7: "Zippered Bag" is available to start collecting one and five dollar bills. If we lose power the ATM machines will NOT work. The GAS PUMPS will NOT work. You will need small bills to pay for things. The stores, gas stations, etc. will not have change for a \$20.00 bill. Period! Please start putting small bills in this zippered bag. You will be glad you did.

Tab#8: "Titles" is a section where you will want to place your Titles to Cars, Boats, etc. (Include Binder Pocket)

Tab#9: "Wills/Family Trust" is where you could place the most important sections (copies at least) of your trust or wills. (Include Binder Pocket)

Tab#10: We left this section empty so you can put anything that you need or want should you have to leave your home ASAP. We have also included our 72 Hour Kit ideas in this section.

***Put a "tag" on your 72 hour kits/bug out bags with the words:
Grab the Binder, Grab the Prescriptions, Grab the Pet Care.
This will remind us to grab our binder, our prescriptions
and our pet care items if we have a pet(s).



1	Emergency Contact Information Photos
2	Bank & Investment Accounts Copies of Debit/Credit Cards
3	Birth Certificates Marriage Certificates School Graduation & Religious Documents
4	Driver's License Copies Original Passports Concealed Weapon Permits Social Security Cards & Medicare Cards
5	Medical & Dental Information Insurance Information Insurance Card
6	Accounts/ Website Access Codes
7	Cash (Small Bills)
8	Titles To Cars/Boats, Etc. Deeds To Homes, Etc.
9	Wills/Family Trusts
10	Website: www.foodstoragemoms.com Email: foodstoragemoms@yahoo.com

Please keep in secure place where it is safe and easily accessible.
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EMERGENCY CONTACT INFORMATION

NAME	PHONE NUMBER(S)	ADDRESS and/or EMAIL ADDRESS
FIRST CONTACT: Relationship:		
Other Contact: Relationship:		
WORK CONTACT:		
NEIGHBOR:		
DOCTOR:		
POLICE:	Emergency: Non-Emergency:	
FIRE DEPARTMENT:	Emergency: Non-Emergency:	
AMBULANCE:	Emergency: Non-Emergency:	
GAS COMPANY:	Emergency: Non-Emergency:	
ELECTRIC COMPANY:	Emergency: Non-Emergency:	
WATER COMPANY:	Emergency: Non-Emergency:	
POISON CONTROL:		

MEDICAL INFORMATION

PATIENT INFORMATION		
Name:	Date of Birth:	SS#:
		Home: Cell:
Name:	Date of Birth:	SS#:
		Cell:
Name:	Date of Birth:	SS#:
		Cell:
Name:	Date of Birth:	SS#:
		Cell:
Name:	Date of Birth:	SS#:
		Cell:
Name:	Date of Birth:	SS#:
		Cell:
Name:	Date of Birth:	SS#:
		Cell:
DOCTOR	DOCTOR'S PHONE NUMBER	
DENTIST	DENTIST'S PHONE NUMBER	
PHARMACY	PHARMACY PHONE NUMBER	

NAME	MEDICAL CONDITIONS/ ALLERGIES TO MEDICATIONS/FOODS		
NAME	MEDICATION	DOSAGE AMOUNTS	FREQUENCY
NAME	PREVIOUS SURGERIES	DATE OF SURGERY	

INSURANCE CONTACT INFORMATION

COMPANY INFORMATION	PHONE NUMBER	POLICY NUMBER
Health Insurance: Agent:		
Health Insurance: Agent:		
Dental Insurance: Agent:		
Eye Insurance: Agent:		
Life Insurance: Agent:		
Life Insurance: Agent:		
Life Insurance: Agent:		
Auto Insurance: Agent:		
Auto Insurance: Agent:		
Long-Term Care Insurance: Agent:		
Home Insurance: Agent:		

MEDICARE INFORMATION

MEDICARE INSURANCE TYPE
Medicare A
Medicare B
Medicare C
Medicare D

72 HOURS OF A TRUE DISASTER/EMERGENCY

During the first 72 hours of an emergency, this is usually what happens:

- First 24 hours (lights/power goes out) we check to see if our neighbor's power is out, worry if we'll get power before our favorite show comes on in an hour, and knock on neighbors doors to see if they know what's going on. We worry because there is no cell phone service or other forms of communication.
- The next 24 hours is when we realize there is a big problem, but we don't know what it is because there is no TV, radio, newspapers, or internet. Without power, our heaters or air conditioners don't work, the refrigerator and freezer are barely keeping things cold, the ATM's aren't dispensing cash, and the gas pumps can't pump gas (unless the manual pump is working or available.) Without available cash, we can't purchase gas, groceries, and water. The grocery store has long lines and the shelves could potentially be empty in three hours. Some merchants start raising their prices sky-high. We try to figure out how to get out of town to family or friends. We start looking for a neighbor who might have a ham radio so we can know what is happening in the world and we're wishing we'd bought batteries so we could turn on the battery-operated radio.
- At 72 hours the panic and/or riots will start. The roads out of the cities will be bombarded and traffic will be at a standstill. People will become desperate for food and water for their families. Emotions are high. Panic is everywhere.
- By having at least 72 hours worth of food and emergency supplies, you and your family can stay home and avoid being in the middle of riots or panic-induced situations.



72-Hour Kit (Adults)

Every emergency agency in the country recommends having a 72-hour kit available to grab-and-go in an emergency. Be sure to update your kit every six months to a year, depending on the items you have in it. Include food you know you will eat and items that can keep you busy during times of inactivity. Be mindful of storing items that might leak, melt, or affect other items in your bag if they leak or break open (Ziploc bags might help with this problem.) Attach a tag to the kit or bag with your name, phone number(s), a tag to remind you to grab your prescriptions/medicines, and a tag to grab your emergency binder. Depending on the needs of you and/or your family, items you could include in your kit:

- Water for at least three days (1-4 gallons per day), water purifiers and water purifier bottles (like Berkey Sport Bottles)
- Food to last for at least three days: MRE's (Meals ready to eat); hot and cold ready to eat food packages; freeze dried fruits and vegetables; and candy, gum, jerky, fruit snacks, raisins, fruit leather, granola bars, peanuts, crackers, etc.
- Aspirin, Aleve, Ibuprofen, Vitamin C, cold remedies, Essential Oils, etc., antacids (for upset stomachs)
- Axe/shovel combo
- Baggies (all sizes)
- Batteries (all sizes-rotate yearly)
- Bible/Scriptures
- Bee sting & bite kit
- Blanket--solar is thinner
- Pillow
- Bleach (household chlorine--nonscented)
- Books
- Bung wrench/Gas shut off wrench
- CASH-small bills/coins (if we lose power, ATM's won't work; credit/debit cards won't work)
- Can opener (non-electric)
- Canned stove
- Candles/glow sticks
- Cards or small games to play
- Chapstick/lip balm
- Chargers in case we have electricity
- Coats/Jackets/Sweaters/Extra Clothes & Shoes
- Coffee Pot, pitcher, container
- Cooking pot, griddle or fry pan
- Cooking stove of some kind/fuel/fire starter/striker
- Compass
- Contact lenses & supplies
- Cotton Swabs/Kleenex Tissues
- Disinfectant
- Duct tape
- Emergency sewing kit
- Fingernail clippers/nail file
- Fire extinguisher
- First Aid Kit
- Hand Warmers
- Flashlights (preferably solar or crank); don't forget batteries (store batteries outside the flashlights to keep them fresh)
- Garbage Bags
- Glasses (extra pair of eye glasses)
- Gloves/latex or non-latex
- Hair brushes/combs
- Hats, gloves/scarves
- Headlamp
- Hearing Aid, plus batteries
- Imodium/Anti-Diarrhea medicine
- Instant milk (chocolate would be good as well)

- Ipecac (check with poison control if possible)
- Hot pads, dish towels/rags/dish soap
- Lanterns/compact lights
- Latex/Non-latex gloves
- Masks N-95 minimum
- Matches (waterproofed)
- Mess Kits
- Mirror
- Scissors
- All Purpose Knife
- Mosquito Spray
- Personal Hygiene (tampons , pads, feminine supplies, etc.)
- Post It Notes/pencils/pens/crayons
- Radio/crank and or battery type (pack batteries)
- Rain Poncho
- Rope
- Safety pins, several sizes
- Shaving cream, shavers (disposable)
- Solar lights
- Sunglasses
- Temporary toilet and bags
- Thermal Underwear
- Thermometer
- Toilet Paper, shampoo, hand soap, baby wipes and hand sanitizer, deodorant, toothbrushes, toothpaste, tweezers
- Tools
- Tent(s)
- Umbrella
- Utensils, plates, cups, silverware to cook and eat with
- Vaseline
- Wet wipes-lots...they might be our only shower
- Whistles, Walkie Talkies, (test before you need them for distance) like Motorola Talkabout 2-Way Radios #MR350R/

FRS/GMRS Radio (22 channels, 121 privacy codes, 2662 Combinations)

- NOAA Weather radio
- Work Gloves

REMEMBER, you would need a truck to "haul" all of these items, so check off one item at a time and pick the items that meet you and/or your family's needs. These are IDEAS...just start collecting a little at a time.

Put all the things that need to be rotated together in baggies. This way you just GRAB a bag and switch out the outdated items.



72-Hour Kit (Children)

Children need their own 72-hour kit to meet their dietary needs, hygiene, and comfort items to keep them occupied during long stretches of time during emergencies. When preparing a backpack or bag for them, attach a tag to the kit with the child's name. If your child takes special medications or prescriptions, also add a tag as a reminder to grab those medicines. Items that could be included in the kit (be sure to rotate perishable items yearly):

- Family picture(s) with names and phone numbers/email addresses (in case they get separated from you or if you have a child who can't verbalize who they are)
- Water (enough for three days)
- Food that is age appropriate or that your child will eat: MRE's (Meals Ready To Eat—just add water), food that is ready to eat without water, freeze dried veggies, freeze dried fruit, freeze dried yogurt bites, snacks, graham crackers, peanut butter crackers, cereal, raisins, fruit leather, fruit snacks, etc.
- Candy (such as suckers)
- Juice boxes
- Cup, plate, bowl & silverware/child mess kit
- Reading books
- Colored pencils/non-electric pencil sharpener or markers, crayons (not for car or garage—they'd melt)
- Paper, tablets, coloring books
- Puzzles, games, small activities
- Medications: Motrin/Tylenol, Cough syrup (rotate yearly)
- Any medication you use occasionally: antibiotic ointment, Vaseline, saline spray, etc.
- Baby wipes/diapers/formula/baby food/baby food grinder/pacifiers
- Solar or small blankets
- Small pillow
- Hand sanitizer
- First Aid Kit (child size Band-Aids)
- Extra clothes/jacket/sweater (sweat suits are ideal for storage, because you can cut the sleeves and legs off if the weather is too warm or wear them as is in cold weather)
- Child size N-95 masks--practice with these BEFORE you need to use them
- Bible/Scriptures, etc.



72-Hour Kit (Pets)

Don't forget to prepare for your animals! They will be hungry, thirsty, and upset with a sudden change of environment, so make sure you have what's necessary to keep them comfortable in an emergency. If you've got animals, reptiles, or other types of pets that aren't dogs and/or cats, you'll need to consider their needs when planning a 72-hour kit for them. For dogs and/or cat needs, considering adding these items to a backpack or other container:

- Water/food dish
- Photo of the dog (to be circulated in case they get separated from you)
- Complete medical records
- Chip ID information
- Leash/harness/collar
- Sweater
- Toys
- Blanket
- Brush/comb
- Cat or Dog food (enough for at least three days)
- Water (enough for at least three days)
- Pet First Aid Book
- Vet wrap 2" and 4"/trauma pad
- Gauze bandage rolls (2", 4", and 6")
- Adhesive tape
- Tweezers/scissors/surgical soap
- Thermometer/mineral oil
- Disinfectant solution
- Styptic powder/cornstarch
- Benadryl/triple antibiotic ointment
- Eye wash
- Saline
- Medication, 5-day supply
- Tick-Flea Meds
- Paper towels/plastic bags/zip lock bags
- Dog and/or cat carrier(s)
- Cat litter box/litter

****Remember The Red Cross will NOT accept our pets; they only allow service animals to assist people at the Red Cross Centers.



Vehicle Emergency Kit

Emergencies or disasters/events can strike at anytime, so having certain items in your vehicle can be lifesaving. Place items in a backpack, gym bag, or other container. Be careful about storing items that may be damaged or compromised in extreme heat situations. Items to consider adding:

- Names and phone numbers of who to contact in an emergency
- Battery/crank powered portable radio/extra batteries
- Flashlight/preferably one with solar/crank/LED
- Compass and maps; not everyone has GPS in car and on phones
- Can of motor oil
- Fire Extinguisher(5 pound ABC type)
- Flares and/or orange cones
- Jumper cables
- Rags/paper towels
- Shovel
- Pocketknife
- Tire gauge
- Tool box
- Window scraper for ice

Necessities for survival:

- Water
- Blankets
- Jackets/sweaters
- Emergency cash: approximately \$50.00 in small bills
- First Aid Kit
- Baby Wipes
- Hand Sanitizer
- Scissors/pens/pencils (not crayons-they melt)
- Emergency snack food and/or MRE meals (items may need to be replaced more frequently if stored in extreme heat conditions)
- Whistles
- Umbrella
- Hand warmers
- Extra blankets